

# YOGA WITH LYDIA GREEN

A FUN, CHALLENGING, "ALL  
LEVEL FLOW"

**SUNDAYS @ 8:45 am**  
**MONDAYS @ 6:00 PM**



LYDIA'S CLASS AT YOGA DESA WILL  
CHALLENGE YOU BUT AT THE SAME  
TIME GIVE YOU THE SPACE TO WORK  
AT YOUR OWN PACE.  
BREATH, POSTURE AND GRATITUDE.

"LET'S PRACTICE TOGETHER."